

Page 1

Family Routines

Home-schooling

School Online

Media Tips

Helplines in case of emergency and crisis

Family Life in the Time of Corona

Page 2

Home-schooling

Dear parents with school kids,

For more than five weeks you have been juggling with daily routines and for you and your children in the most productive way: home office, nanny, sports instructor, cleaner and last but not least teacher.

This is an enormous change for you. After the first enthusiastic wave of “no school” for kids they soon realize what it is like day to day in times of crisis. They miss their friends and frequent free time activities e.g. music lessons and club sports.

It would be fantastic if children could manage their own school tasks. Hence, this isn't possible for some of them. Children not keeping up with school work might be a concern for you as parents. Consequently this can lead to arguments at home.

It helps to know that you are not alone in this. And that is worrying many other parents.

Your children are also challenged with these circumstances. They worry, they get bored and they miss their friends very much.

Children can sense their parents' worries in case of financial and social insecurities. They observe you spending more time online searching for information and talking to other adults about the current situation.

Teenagers looking for information might read “fake news” telling them about gloom and doom scenarios or in the contrary theories that play everything down. This can trigger fear and worries in children.

They show these emotions with certain behaviour like easy crying, provocations or refusal. However these ways of behaviour can cause arguments and disputes between parents and children.

Page 3

Dear parents,

You are not in a battle with your children you have to win. It is your job now to make them feel safe and secure.

Literally, you are all in one boat. You are the captain to steer the boat safely through dangerous water. Rules are needed but there are days when you have to take it easy.

In difficult situations: Think about the necessity of children finishing their tasks. Maybe it is also possible to do it later, after a break or the next day. Make sure to find a solution together with you child.

It is very important to be in a good state of mind as a parent. So please take care of yourself in order to have the strength to deal with challenging tasks and being there for you children.

Take “time-outs” for yourself and emphasise them to your children with e.g. a “home office”-sign, announced coffee breaks, or announced phone calls with friends.

You can opt for a “telephone-joker” (friends, or helplines) to blow off some steam. Even the best captains need some rest.

Children also do they best to get through the day. Just watch them what they can do on their own to master their day. Make sure to acknowledge the positive things and give them credit for it.

Please try to support them emotionally and release the pressure under these severe circumstances. Even if it means that your daily routine is interrupted.

It is important that you let your children know that everything is going to be all right. Try to be creative, calm and adjustable in any situation.

Don't worry about your child's future in school. They will catch up once the crisis is over. Children are more productive with a strong, healthy mind.

Page 4

School Online

Ideas for kids and teenagers

Your school day on YouTube

You miss going to school, here is a replacement...

Digital learning in a virtual classroom

Nurseries and school are closed. You want to know more. Here are some videos.

Page 5

Home-schooling – learning online

If you are ill or in special situations, like Corona virus, there is no school for children. You have to learn at home...

Homework Tutor

History or maths, German or home economics there is help for every subject.

Page 6

Information for Parents

Corona

Klicksafe is for parents and teachers to be informed about digital media.

School and nursery at home. What now? Ideas for learning at home.

Page 7

Media Tips for Teenagers

Learning how to programme.

Infos about fake news

Interesting YouTube channel.

Creative digital platform to join in.

Helplines in case of emergency and crisis

Staying home for a couple weeks can be hard on all family members and can have a negative impact on the parent-child relationship. Disputes and arguments might increase during these times. If you think it is getting out of hand, it is advisable, to get help.

Youth and Family Therapy Consulting Regensburg

Tel: 0941/507-2762 Erreichbarkeit: Mo-Do 8.30 -12Uhr 13.30 -17.00 Uhr Fr 8.30 -15 Uhr

Substantiated child danger and for youth in crisis

During office hours

TEL. (0941) 507-2512

jugendamt@regensburg.de

on duty outside office hours

TEL. (0941) 507-4760

jugendschutz@regensburg.de

Financial questions: Tel. (0941) 507-3514

Other issues: Tel. (0941) 507-1512

jugendamt@regensburg.de

or: www.bke-beratung.de